

Full-service physical therapy

By Molly Loughman

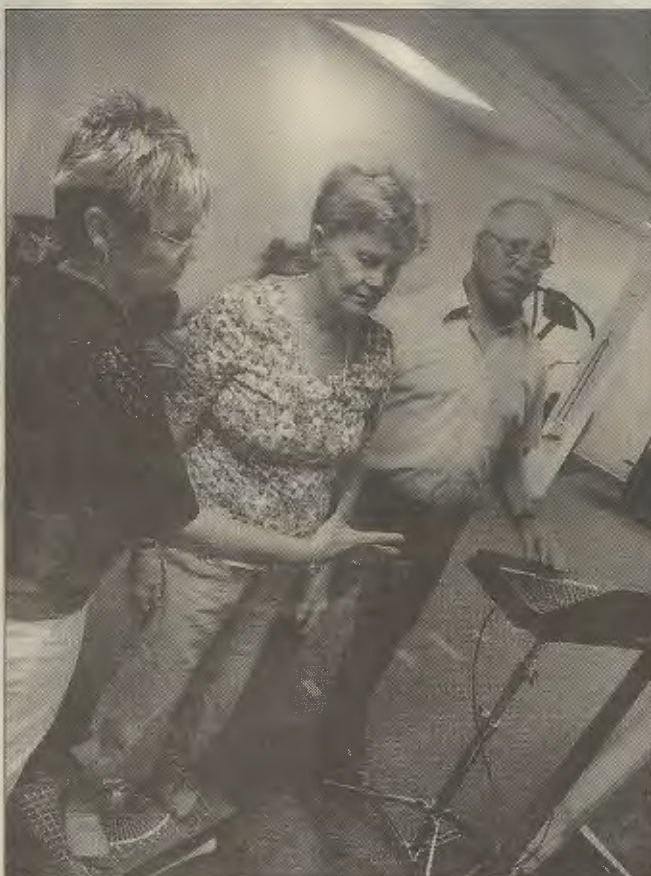
mloughman@wickedlocal.com

In business since March 2013, Clinical Rehab Specialists relocated in May from its former Drum Hill location to 9 Acton Road. Owner and manager Gerard Dybel, along with his wife and assistant manager Connie Seymour, have around 30 years of clinical experience. The therapists also have specialty certifications as geriatric clinical specialists and orthopedic clinical specialists from the American Physical Therapy Association.

"We wanted to expand our space and become more independent from a gym environment. We wanted to develop our own, full-service clinic," said Dybel, who along with his wife served in the U.S. Army for a decade. Both graduated from the physical therapy program at Army-Baylor University program in health and business administration in Texas.

"I like treating a host of different patients, from orthopedics, to geriatrics to neurologically involved clients," said Seymour, adding the couple also teaches a grant-funded program at UMass Lowell.

Unlike other rehabs, Clinical Rehab Specialists treats a variety of patients. Both Dybel and Seymour have experience in treating orthopedic diagnoses, such as joint replacements, back and neck pain, rotator cuff injuries, along with sports- and



Physical therapists Gerard Dybel and Connie Seymour assess the balance of Annette Seymour using a human balance system. WICKED LOCAL STAFF PHOTO / MOLLY LOUGHMAN

work-related injuries.

In addition, the pair of physical therapists works with senior citizens. This involves a specialized evaluation of balance disorders using a computerized balance assessment system. Clinical Rehab Specialists treat those with chronic neurological diseases, such as a stroke, multiple sclerosis (MS) and Parkinson's disease.

"Elderly people have similar problems to young people. They have orthopedic injuries, they have joint replacements, they have

back pain, they have shoulder injuries, so you have to understand how their age impacts whatever they have," said Dybel, a geriatrics specialist. Seymour is an orthopedic specialist.

"Usually if it's an outpatient clinic especially, it tends to have more of an orthopedic focus, whereas clinics related to a hospital may be more diverse," said Dybel, noting on average they see three to four patients daily and shoot for 15-20 visits a week. The clinic uses equipment and software for gateway

WHAT Clinical Rehab Specialists

WHERE 9 Acton Road, Suite 16

HOURS Monday to Friday, 8 a.m. to 6p.m.

CONTACT 978-726-8310 or www.crs-pt.net

assessments and motion analysis.

Totaling around 900 square feet, the clinic also offers a medically oriented gym program for individuals in need of exercising in a more controlled environment. There, patients can help themselves to cardiovascular equipment, free weight training and core stability training. A specific exercise program is developed for the client who is has minimal supervision when attending.

For athletes, Clinical Rehab Specialists offers a concussion-screening program, which entails a balance assessment and vestibular evaluation. Pre-season testing can be used as a baseline if a concussion does occur. Testing data can then be used in the decision-making process for returning players. Last week, the pair began a research study at UMass Lowell with Division 1 athletes.

"We just want to get known and establish ourselves as clinicians who provide quality care, individualized care, a lot of hands-on treatment and we use the best evidence available and hopefully get the best functional outcomes," said Dybel. "And if we can get known for that, that's what we're shooting for."